

The Messenger

A publication of the Lexington Senior Center



LEXINGTON
Senior Center

October 2016

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Lexington Senior Center

195 Life Lane
Lexington, KY 40502
278-6072 phone
277-4843 fax

Hours of Operation

8 a.m. – 5 p.m.
Monday – Friday

For more information:

Lunch Reservations
Emily Dahlman

Information & Assistance Community Resources

Jennifer Garland
Social Worker

Melissa Stiff
Social Worker

Amanda Patrick
Social Worker

Recreation & Travel

Martha Duncan
Recreation Specialist

Jode Rose
Recreation Assistant



Thank you and congratulations!

You have helped to make **National Senior Center September 2016** a huge success by coming out to the ribbon cutting of your new Lexington Senior Center! The vision has finally come to fruition.

Now that we are officially open, it's time to prepare for our busy season.

- Medicare Part D enrollment begins on October 17. Call to make your appointment with Melissa and review your prescription coverage.
- Remember that National Fire Prevention Week is October 9 – 15, let's all take time to improve the safety in our homes. Check your smoke detector batteries!
- FLU SEASON is upon us once again (please note the date in this issue when the FCHD nurses will arrive in the center to administer shots). Consult with your PCP and let's stay healthy and protected while we stay fit, get fit and stay connected and informed in our wonderful new center.

Keep Moving – Sean

Halloween Party

Please join us for a howling good time! Friday October 28!

We will have a costume contest for both
men and women and door prizes!

Doors open at 11 a.m.

Cost: \$6

Tickets on sale October 3 – 14

Lunch will be Wendy's chili, crackers, cornbread
and cookies for dessert.



Lexington Senior Center activities are open to all independent Fayette County residents age 60 and over. New participants are always welcome! Simply stop by the reception desk to complete a registration form. A participant's handbook is available to you with more detailed information regarding the center activities and policies.

ACTIVITIES

Please refer to the calendar on page four for all regularly scheduled activities

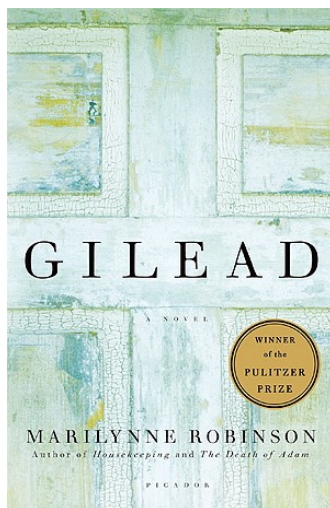
Carolyn's Corner Book Club



In October the book club will read and discuss **Gilead** by Marilynne Robinson on **October 6 and 20 at 10 a.m.** in the assigned room at the new Senior Center. The book club meets on the first and third Thursday of each month and is open to all.

Gilead by Marilynne Robinson is the 2004 Pulitzer Prize winning novel. It was ranked as the *New York Times* Top-Ten Books of that year and the winner of the National Book Critics Circle Award for Fiction.

Gilead is an intimate tale of three generations, from the Civil War to the 20th century: a story about fathers and sons and the spiritual battles that still rage at America's heart. In the words of *Kirkus*, it is a novel "as big as a nation, as quiet as thought, and moving as prayer. Matchless and towering." *Gilead* tells the story of America and will break your heart.



News from the Nutrition Site

Happy Autumn!!!

I am so pleased to be in our new facility and even more pleased to see so many new participants. ☺ For those of you who are new, lunch is available 11:30 a.m. to noon, Monday through Friday. Each meal provides 1/3 of the recommended daily nutritional requirement. I provide a menu at the beginning of each month (found at the front desk of the center) so our nutrition clients know what is being served each day. If you are interested in joining us, please contact me to schedule an appointment and I will assist you in completing an application and nutritional assessment for the program. As the temperatures turn cooler, a healthy and satisfying hot lunch meal at the center can warm you from the inside out and provide you energy to enjoy all the activities available throughout the day at the center. Enjoy a beautiful and blessed October!

When and why to use home care

30 minute talk and 15 minute Q&A with Jenny Breeding

**Tuesday,
October 18
9 – 10 a.m.
Classroom B**

Pickleball and Shuffleboard

You can sign out equipment for Pickleball and shuffleboard. Just ask at the front desk! You will need to leave your keys or ID at the front desk when you check out the equipment – your items will be returned to you when you return the equipment.

Attention Crafters!

We will be holding a craft fair during our Thanksgiving party in November. If you are interested in participating and selling your crafts, please sign up at the front desk. There is no fee for a table – just sign-up for a table and start crafting!

Medicare overview & update session with Pete Alberti from Kentucky Health Solutions

Pete will be explaining the basics of Medicare, the benefits of Medicare Supplement and Medicare Advantage plans and will talk about Part D Prescription Drug plans.
Wednesday, October 12, from 10-11 a.m. in the classroom

ACTIVITIES

Please refer to the calendar on pages four and five for all regularly scheduled activities.

OLLI at UK Donovan Forum Series

October 6 – Geology and geologic hazards of Kentucky – John Kiefer, Ph.D.

Kentucky is not the typical location you think of when you mention geologic hazards. Since the geology of Kentucky consists of nearly two thirds of the surface covered by soluble limestone, it sets up the conditions for major geologic hazards, but that's just a start. Come find out about Kentucky's hazards that cost millions annually.

October 13 – Big Bold Goal: Bringing 10,000 more families to self sufficiency by 2020 – Bill Farmer

The United Way of the Bluegrass advances the common good in Central Kentucky. They help create opportunities for a better life for all as they strive to achieve the "Big Bold Goal." To achieve this, they are focused on four key pillars: Basic needs, student success, school readiness, and financial stability.

October 20 – Broadcasting Today - Jack Pattie

Jack Pattie has been a Lexington radio host for 41 years. Come learn about broadcasting and the changes in the industry over the last 50 years!

October 27 – Rethinking American politics for a nation and world in crisis – Herbert Reid, Ph.D.

Dr. Reid will draw on the book he co-authored, *Recovering the Commons*, to offer critical language for persistent problems and new challenges for America and the world today. Corporate power and climate justice will be given special attention.

AARP Driver Refresher Course

Date:

Wednesday, October 5

Time:

Noon – 4:30 p.m.

Cost:

\$15 for members

\$20 for non-members

**Sign up at the
Lexington
Senior Center**



Flu Shots

The Lexington Health Department will be at the Lexington Senior Center administering flu vaccinations.

The cost is \$30 cash or bring your health insurance card as the shot may be covered.

**Wednesday
October 19
2 – 4 p.m.**



CRAFT CLASS

Join us October 14 at 9:30 a.m. for a fall craft class!

**Sold Out
Waiting list only**

Medicare Part D Enrollment

Don't forget to review your prescription plan during open enrollment. There are several people that can help you with these decisions:

- You can contact Medicare directly by calling 1-800-MEDICARE.
- Contact the State Health Insurance Assistance Program (SHIP) by calling 1-866-516-3051.
- OR call Melissa Stiff at the Lexington Senior Center at (859) 278-6072.

Instant Artist Class

Wednesday, October 5
12:30 – 4:30 p.m.

Cost: \$7 – includes all paints, paint brushes, canvas and step-by-step instruction!

Sold Out – Waiting list only

Fitness/Exercise Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9 - Table Tennis 9:30 - Line Dancing 2 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging	10 - Table Tennis 12:30 - Chair Yoga 2 - Yoga	8:30 - Move IT 9-30 - Get Up and Go! 10:30 - Active Aging 1 - Zumba
10	11	12	13	14
9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9 - Table Tennis 9:30 - Line Dancing 2 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging	10 - Table Tennis 12:30 - Chair Yoga 2 - Yoga	8:30 - Move IT 9-30 - Get Up and Go! 10:30 - Active Aging 1 - Zumba
17	18	19	20	21
9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9 - Table Tennis 9:30 - Line Dancing 2 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging 2 - Drums Alive	10 - Table Tennis 11:30 - Beginners Yoga 12:30 - Chair Yoga 2 - Yoga	8:30 - Move IT 9-30 - Get Up and Go! 10:30 - Active Aging 1 - Zumba
24	25	26	27	28
9:30 - Get Up & Go! 10:30 - Active Aging 12:15 - Tai Chi 1:15 - Zumba 2:30 - Table Tennis 2:30 - Beginner Line Dance	9 - Table Tennis 9:30 - Line Dancing 2 - Yoga	9:30 - Get Up and Go! 10:30 - Active Aging 2 - Drums Alive	10 - Table Tennis 11:30 - Beginners Yoga 12:30 - Chair Yoga 2 - Yoga	8:30 - Move IT 9-30 - Get Up and Go! 10:30 - Active Aging
31	Beginner's Yoga New to Yoga? This beginner class introduces participants to basic yoga postures with a focus on principles of alignment and breath work. Students will be introduced to yoga postures through step-by-step verbal cues and demonstration. This practice will provide you with the opportunity to develop flexibility, balance and strength in a gentle and safe environment. Each class will end with a mindful relaxation phase. Students should bring a yoga mat to class, Standing poses may be used using a wall or chair for support.			

Fitness Room

We have a new fitness room filled with state-of-the-art fitness equipment for you to use. Before being able to use this equipment, you must complete an orientation with one of our fitness instructors. The instructor will show you how to use each of the new exercise machines and ensure that you are safe while utilizing our fitness room. If you intend to use the equipment, please call to schedule your orientation soon!

Move IT!

This 45 minute class will include both cardio and strength intervals. We will be standing for the entire class. Chairs will not be used. Take the challenge and improve your endurance, strength and balance skills!

Introduction to Drums Alive

Enter a new dimension of fitness! A fun 50-minute class using stability balls and drumsticks that combines the body benefits of traditional physical fitness programs with the brain benefits of music and rhythm. Classes will be taught both seated or standing. A great workout for mind, body and spirit! (A 4-week class begins Wednesday, Oct. 19, from 2–2:50 p.m. Class is limited to 12 participants. Sign up at the front desk.

Activity/Socialization Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
8:30 - Adult Coloring 9 - Needlework 11:30 - Bid Euchre 12:30 - Bridge 1 - Italian Appreciation	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	10 - Participant's Council Noon - Ceramics Noon - Adult Coloring	10 - Bingo 10 - Book Club 11 - History Class 1 - Hand & Foot 1:15 - Olli Forum	10 - Family Stories 12:30 - Art Class 2:30 - Friday Friends
10	11	12	13	14
8:30 - Adult Coloring 9 - Needlework 9 - Diabetic Support 11:30 - Bid Euchre 12:30 - Bridge 1 - Italian Appreciation	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	10 - Duplicate Bridge Noon - Ceramics Noon - Adult Coloring 12:30 - Movie Matinee	10 - Bingo 11 - History Class 1 - Hand & Foot 1:15 - Olli Forum	10 - Family Stories 12:30 - Art Class 2:30 - Friday Friends
17	18	19	20	21
8:30 - Adult Coloring 9 - Needlework 9:30 - Pottery 11:30 - Bid Euchre 12:30 - Bridge 1 - Pottery 1 - Italian Appreciation	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	Noon - Ceramics Noon - Adult Coloring	9:30 - Pottery 10 - Bingo 10 - Book Club 11 - History Class 1 - Hand & Foot 1 - Pottery 1:15 - Olli Forum	10 - Family Stories 12:30 - Art Class 2:30 - Friday Friends
24	25	26	27	28
8:30 - Adult Coloring 9 - Needlework 9:30 - Pottery 11:30 - Bid Euchre 12:30 - Bridge 1 - Pottery 1 - Italian Appreciation	9 - Chess Instructions 10 - Bingo 10 - Checkers & Chess 11:30 - China Painting 1 - Hand & Foot	10 - Duplicate Bridge Noon - Ceramics Noon - Adult Coloring	9:30 - Pottery 10 - Bingo 11 - History Class 1 - Hand & Foot 1 - Pottery 1:15 - Olli Forum	10 - Family Stories 11 - Halloween Party 12:30 - Art Class 2:30 - Friday Friends
31				
8:30 - Adult Coloring 9 - Needlework 9:30 - Pottery 11:30 - Bid Euchre 12:30 - Bridge 1 - Pottery 1 - Italian Appreciation				

Italian Appreciation

Join us for a 5-week educational program on the Italian language. This class will be held in classroom B from 1–2:15 p.m. through the month of October.

Pottery Classes

Beginning Pottery – Come and learn how to make pottery using clay and a pottery wheel! You will learn how to “throw,” form and glaze your very own piece of pottery. **You must sign-up to attend** 6-week classes beginning October 17.
Mondays (two separate classes)
9:30 a.m. – noon AND 1 – 3:30 p.m.
Thursdays (two separate classes)
9:30 a.m. – noon AND 1 – 3:30 p.m.

Card/Game Area

The card/game area on the second floor is open and available for use unless there is an activity scheduled. If there is a card game scheduled there will be a “reserved” sign on the tables.



Travel Information

October

Keeneland – October 20

SOLD OUT

Cost: \$15 – includes van transportation, admission, grandstand seating and program.

Schedule:

11:30 a.m. – Depart LSC

1 p.m. – First race begins

5 p.m. – Arrive at LSC



Annual outlet mall shopping trip to The Outlet Shoppes of the Bluegrass

Tuesday, November 15

SOLD OUT

Cost: \$15 – includes van transportation and snacks

Schedule:

9:00 a.m. – Depart LSC

10:15 a.m. – Arrive at outlet mall

1:15 p.m. – Depart outlet mall

1:30 p.m. – Arrive at Cracker Barrel
(lunch on your own)

4:15 p.m. – Arrive at LSC



December

“It’s a Wonderful Life” at the Woodford Theatre

Sunday, December 4

Cost: \$25 – includes van transportation and matinee admission

Schedule:

1 p.m. – Depart LSC

1:30 p.m. – Arrive at Woodford Theatre

2 p.m. – Matinee Performance

4:45 p.m. – Depart Woodford Theatre

5:15 p.m. – Arrive at LSC

Galt House and Mega Cavern Lights

Wednesday, December 14

Cost: \$75 includes small coach transportation, dinner, admission to KaLightoscope Christmas, Lights under Louisville and driver gratuity)

Schedule:

1 p.m. – Depart LSC

2:30 p.m. – Arrive at Galt House

2:45 p.m. – KaLightoscope Christmas

5 p.m. – Dinner

6:45 p.m. – Lights under Louisville

9:30 p.m. – Arrive at LSC

Note: All times are approximate and subject to change as needed.)

GENERAL TRIP INFORMATION

Sign-ups for day trips are ongoing on a first-come, first-served basis until full so don't delay and register now at the LSC. **We are only able to accept checks or money orders, no cash accepted. Please make checks payable to LSC Travel.** Payment must be made at the time of sign-up to guarantee your slot. Spaces will not be held without payment. **Itinerary times are approximate and subject to change as needed.**

Extended Trips for 2017



Historic Savannah & Jekyll Island

March 20 – 24, 2017

Pricing is \$1,065 per person for double and triple occupancy and \$1,390 for single occupancy.

Includes motor coach transportation four nights accommodations, all touring, admissions, entertainment and activities.

Alaskan Cruise and Land Tour

June 6 – 18, 2017

Pricing starts at \$5,100 per person, double occupancy and \$7,700 single occupancy.

Includes flight, seven night cruise and five night accommodations, many tours, activities and entertainment opportunities.

For more information, contact

Martha Duncan

278-6072 or mduncan@lexingtonky.gov

Jode Rose

278-6072 or srose@lexingtonky.gov

Historic Savannah and Jekyll Island Travel Meeting

Please join us for a travel meeting at the Lexington Senior Center on Friday, October 14, at 2 p.m. for more information on this exciting trip!
We hope to see you there!

Satellite Centers News



The Senior Center at Charles Young Center
 540 E. Third Street
Hours: 9 a.m.–1 p.m.
 Mondays, Wednesdays and Fridays
Phone: 246-0281

Tai Chi: This class helps the participant focus on breathing, posture, and strengthening and lengthening muscles. **Wednesdays & Fridays 12:15 – 1 p.m.**

Bodies in Balance: Physical fitness for those who wish to improve muscle tone and flexibility. **Mondays, Wednesdays and Fridays, 9:30 – 10:30 a.m.**

Pickleball: Join in this fun doubles game. It is a combination of racquetball, table tennis, badminton, tennis and squash. Played in the gymnasium with a wiffleball and wooden paddles.
Fridays, 11 a.m. – noon.

Line Dancing: (Beginners) Come out for this fun-filled class that is sure to keep you moving. Instructor: Tess Morton, **Wednesdays, 11:15 a.m. – noon**

Tablets – Would you like to know how to use a computer tablet or laptop to find resources and information. Need help sending emails or navigating Facebook? If so, call the center to schedule an appointment. Classes are offered every **Monday from 10:30 a.m. to 12:30 p.m.**

Interested in volunteer opportunities at the Baptist Health Hospital? Come out for a short information session on **Wednesday, Oct. 5 from 10:45 – 11:10 a.m.** A representative from the hospital will be here to talk about volunteer opportunities and answer any questions.

Medicare Session – Do you have questions regarding Medicare? Are you getting the most out of your Medicare benefits? Stop in this session to talk to a Care Source Representative, Willy Fogle, to make sure you are getting the help you need .
October 17, 10:45 – 11:15 a.m.

Elder Crafters
at Black and Williams Center
 498 Georgetown Street
(859) 252-1288

This program operates Monday–Thursday from 9:30 a.m.– 2 p.m.

This center offers occasional exercise classes, ceramics, card playing, socialization, special events and projects that benefit citizens in need in our community.

Chair Yoga – Monday and Wednesday at 10 a.m.

Ceramics – Tuesday and Thursday, all day

Please call for a full list of activities and a calendar of events!

Water Fitness YMCA Water Fitness YMCA

Beaumont Branch:

9 – 10 a.m. Tuesdays/Thursdays

Loudon Branch:

1 – 2 p.m. Wednesdays/Fridays

For more information, contact Martha McFarland at 231-0986.



Bell House Parks & Recreation Activities

For more information, contact Martha McFarland at 231-0741.



Aging Services
Lexington Senior Center
200 E. Main St
Lexington KY 40507

Return Service Requested

Mission Statement

The Lexington Senior Center is a community focal point on aging, where older adults come together for services and activities that enhance their dignity, support their independence and encourage their involvement in the community.

All Participants

If you are a new participant – please make sure you complete a registration form, get your key fob so you can sign in, and pick up your name tag at the front desk!

If you were a participant at the old Senior Center, please stop by the front desk and complete a new registration form. We want to start fresh and make sure we have updated information on everyone.

Thank you!

Dates to Remember

10/5 – AARP Driver Refresher Course
10/5 – Instant Artist (must sign up)
10/12 – Medicare Review
10/12 – Movie Matinee
10/14 – Craft Class (must sign up)
10/17 – Medicare Part D open enrollment
(call for an appointment)
10/19 – Flu Shots
10/19 – Home Care Talk
10/26 – Commodities Distribution

This information is made possible by state and/or federal funding provided by the Department for Aging and Independent Living.